

1.05 Children's Asthma Pack – A Patient Centred Initiative For A Family Friendly Asthma Education Resource

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Background: Education is a core component of effective self management programmes for children with asthma (1). Respiratory nurse specialists at CHI@Tallaght provide asthma education on average to 1000 children and families annually. The Children's Asthma Pack (CAP), provides an innovative education approach to improve parental confidence in managing their child's asthma in the community.

Methods: CAP, a user friendly designed A5 wallet containing standardised asthma resources. These included asthma information booklet, inhaler technique leaflets and QR video codes, personalized asthma action plan, and parent feedback survey. CAP is given to all patients with asthma diagnosis within the hospital setting. Follow up telephone consultation arranged for those not reviewed by a respiratory nurse.

Results: CAP given to all inpatients with asthma diagnosis and attending asthma nurse led clinics. Feedback survey shows 80 percent of parents confident in managing their child's asthma since receiving CAP. 100 percent of parents found CAP easy to follow.

Conclusions: Improved access to asthma information and support, with an increased parental confidence in managing their child's asthma. Plans to digitilise CAP to increase accessibility to families and healthcare professionals are in order.

Keywords: Asthma education.

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References:

Global Initiative for Asthma. 2022. GINA Report, Global Strategy for Asthma Management and Prevention. <https://ginasthma.org>
